MY GO RED HEART CHECKUP NUMBERS

The first step to heart health? Know and understand the numbers that matter most. Knowing your numbers is an important part of keeping your heart healthy. These numbers can help you and your doctor determine your risks and mark the progress you're making toward a healthier heart.

Factor	My Number	Recommended
Blood Pressure		<120/80 mmHg
Total Cholesterol	LDL: HDL:	Less than 200 mg/dL
Fasting Blood Glucose		<100 mg/dL
Triglycerides		<150 mg/dL
Body Mass Index		<25 Kg/m^2
Height & Weight	HT: WT:	<35
Waist Circumference		<35
Cigarettes Per Day		0
Minutes of Exercise Per Day		30

If you are unable to fill in all of the blanks, you should consider scheduling a visit with your doctor — your heart health depends on it.